



SBRC Gym Schedule

July

Closed Monday, July 4th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday | | |
|---------|---|--|---|---|--|---|---|---|--|
| 6:00am | Open Gym 6:00-9:00 | Open Gym | Open Gym 6:00-09:00 | Open Gym | Open Gym 6:00-12:00 | | | | |
| 6:30am | | Bootcamp 6:30-7:30 | | Bootcamp 6:30-7:30 | | | | | |
| 7:00am | | Open Gym 7:30-8:50 | | Open Gym 7:30-8:50 | | | | | |
| 7:30am | | | | | | | | | |
| 8:00am | | | | | | | | | |
| 8:30am | | Drop-in Total Body Fit 8:50-9:50 | | Drop-in Total Body Fit 8:50-9:50 | | Open Gym 8:00- 9:30 | Drop-in Adult Basketball 8:00-11:00 | | |
| 9:00am | Boulder Lift 9:00-10:00 | Boulder Lift 9:00-10:00 | Boulder Lift 9:00-10:00 | <div>Gymnastics 9:00-12:00</div> | Drop-in Womens Volleyball 9:30-12:00 | | | | |
| 9:30am |  | |  | | | | | | |
| 10:00am | Open Gym 10:00-12:00 | Cardio Fit 10:15-11:15 | Open Gym 10a-12p | | Cardio Fit 10:15-11:15 | Open Gym 12:00-2:00 | Open Gym 11:00-2:00 | | |
| 10:30am | | Drop-in Adult Basketball 11:30-1:30 | | | Drop-in Spts Conditioning 12:00-1:00 | | | Drop-in Adult Basketball 11:30-1:30 | Drop-in Spts Conditioning 12:00-1:00 |
| 11:00am | | | | | | | | | |
| 11:30am | | | | | | | | | |
| 12:00pm | Drop-in Spts Conditioning 12:00-1:00 | Drop-in Adult Basketball 11:30-1:30 | Drop-in Spts Conditioning 12:00-1:00 | Drop-in Adult Basketball 11:30-1:30 | Drop-in Spts Conditioning 12:00-1:00 | <div>All Ages Bball 1:00-2:00</div> | | | |
| 12:30pm | Open Gym 1:00-3:30 | | | | | | Open Gym 1:00-3:30 | Drop-in Pickleball 1:30-3:30 | Drop-in Pickleball 1:30-3:30 |
| 1:00pm | Open Gym 1:00-3:30 | Drop-in Pickleball 1:30-3:30 | Open Gym 1:00-3:30 | Drop-in Pickleball 1:30-3:30 | Open Gym 1:00-3:30 | Senior Vball 1:30-3:30 | | | |
| 1:30pm | | | | | | | | | |
| 2:00pm | | | | | | | | | |
| 2:30pm | | | | | | | | | |
| 3:00pm | Camp 3:30-4:45 | <div>All Ages Bball 3:30-5:00</div> | Camp 3:30-4:45 | <div>All Ages Bball 3:30-5p</div> | Camp 3:30-4:45 | <div>All Ages Bball 3:30-5:00</div> | | | |
| 3:30pm | | | | | | | | | |
| 4:00pm | | | | | | | | | |
| 4:30pm | | | | | | | | | |
| 5:00pm | Open Gym 4:45p- 6:00 | Open Gym 3:30-8:30 | Open Gym 4:45-6:00 | Open Gym 3:30-5:00 | Open Gym 5:00 - 7:00 | <div>SBRC Summer Hours: Monday - Thursday 6am - 8:30pm Friday 6am - 7pm Saturday/Sunday 8am - 2pm</div> | | | |
| 5:30pm | Drop-in Pickleball 6:00-8:15 | | Drop-in Pickleball 6:00-8:15 | Drop-in Badminton 6:00-8:15 | | | | | |
| 6:00pm | | | | | | | | | |
| 6:30pm | | | | | | | | | |
| 7:00pm | | | | | | | | | |
| 7:30pm | | | | | | | | | |
| 8:00pm | | | | | | | | | |
| 8:30pm | | | | | | | | | |
| 9:00pm | | | | | | | | | |
| 9:30pm | | | | | | | | | |
| | | * Gym will be closed: Friday, July 29th from 1-3p * | | | | | | | |

GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to [Http://www.boulderparks-rec.org](http://www.boulderparks-rec.org)